

# All About AES

*The (mostly) weekly newsletter from AES*

*Our mission: Exceptional instruction without exception*

October 26, 2016

## Calendar

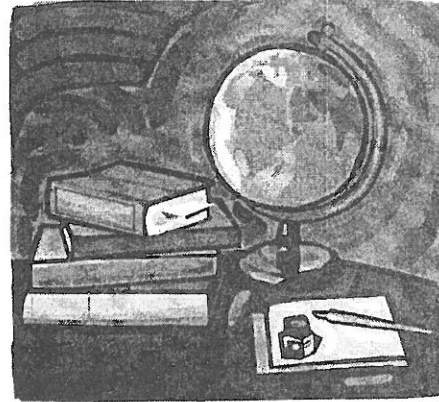
Oct 26 AES School Council 6:30 pm

Oct 31 Costume Parade **9:30** am

### Nov 2 PICTURE RETAKES

Nov 8 Election Day – No School for students – Parent/Teacher Conferences

Nov 14 Grade 3 trip to Plymouth Plantation – extended day – 8:30 – 5:00



### *In the News – What has happened is happening and will happen around AES*

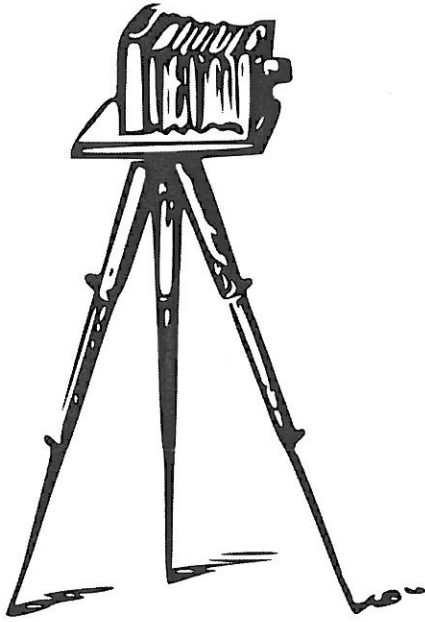
*Picture retakes* will take place on November 2. If your child missed the original picture day, or if the pictures didn't come out quite the way you wanted, this day is for you! Please send in the original pictures if you are having them retaken.

#### *Audubon presentation to first graders*

The local Audubon educators, from Joppa Flats, came into the school last week to give a presentation on nocturnal animals. A whole team came with props and information about bats and owls and how they live in the dark. They brought puppets with them to help share fun and interesting facts about the creatures, which the kids really loved. The staff were very impressed by how much the children already knew about owls and woodland habitats!

#### *Fourth grade adventure to the Science Center*

Despite an unexpected detour on the way to the Science Center, the fourth grade enjoyed their time there. It really is a great facility, with lots of hands-on activities, interactive demonstrations and of course, one of the largest Lego displays anywhere...a scale model of the downtown of Manchester NH! Because of the side trip, the museum experience was changed a bit, which was actually a good thing. Mrs. Ripley's class really enjoyed being able to use iPads to work with virtual Legos, then they went on a scavenger hunt to photograph and identify what they built, using the Lego city. They really enjoyed the in-depth and hands-on lesson they were taught about electricity...the most exciting part was when they all stood in a group and actually transmitted electricity through each other, all the way around the group!



## *Picture Retakes*

*November 2*

*Picture retakes* will take place on November 2. If your child missed the original picture day, or if the pictures didn't come out quite the way you wanted, this day is for you! Please send in the original pictures if you are having them retaken.

**SMILE!**

# **HEAD LICE**

*Information to provide parents/guardians with accurate and current information about head lice.*



## **10 FACTS &**

### **TIPS to HELP KEEP HEAD LICE OUT of HAIR**

1. Lice DO NOT jump, fly or hop. They crawl and are spread through DIRECT head-to-head contact.
2. Head lice do not cause disease and only live on human heads.
3. Lice cannot survive more than 24-36 hours if they 'fall off' a person, and usually die within a day once off the head.
4. If nits (pearly eggs) are found more than 1/2 inch from the scalp, then they have most likely already hatched (being empty shells) or are no longer viable.
5. Teach kids not to share grooming items, decorated headbands, hats or clothing. Store hats (winter knit hats) in coat sleeve or in backpack
6. Encourage kids to use their own pillows, sleeping bags, blankets, etc. at sleepovers!
7. Keep long hair pulled back in braids or pigtails/ponytails.
8. Check your child's head if you notice them scratching; ask your school nurse if you need help with screening.
9. Notify other parents with whom your kids have contact with and notify your school nurse.
10. Recheck at least once a week ~ Make it a routine personal care activity.

### **What are the Symptoms?**

- Itching
  - Tickling feeling of something crawling in hair
  - Scratch marks/red bite marks behind ear or back of neck
- Irritability and sleeplessness, since head lice are more active at night.

## **Helpful Hints**

- **Identify it!** Check everyone in household for lice or nits- the small white/brown oval shaped eggs that are GLUED to hair – (*does not flake off like dandruff!*)
- **Treat it!** Speak to your pediatrician for further advice, and treat ONLY those household members that have nits/lice.
- **Comb it!** Manually remove any lice and nits with a fine tooth comb –or actual nit comb. Nits are actually stuck close to the hair shaft, and yes it is time consuming.
- **Repeat it!** It is THE MOST IMPORTANT step! If using an over-the-counter remedy, repeat second treatment only between 7-10 days from initial use. Doing so will interrupt the life cycle of any nits that may hatch – (as pesticidal products will not kill eggs/nits). Do not apply too early!

## **IN CLOSING.....**

Parents are the key to looking for and treating head lice by regular checks of their child's head and starting immediate treatment when head lice are detected.

While head lice are a nuisance, they do not spread disease and are not a health issue. Should a case be brought to the school's attention, the school nurse will maintain confidentiality (FERPA - Family Educational Rights to Privacy Act).

Students should not be excluded from having head lice, as the management of head lice should not interfere with the educational process of the child. This policy is supported by the Academy of Pediatrics, The American Public Health Association, and the National Association of School Nurses.

## **~Additional Resources~**

### **American Academy of Pediatrics Clinical Report : Head Lice**

<http://pediatrics.aappublications.org/content/110/3/638.full>

### **Richard Pollack, PhD**

<https://identify.us.com/>

### **Center for Disease Control: Head Lice**

<http://www.cdc.gov/parasites/lice/head/>

### **National Association of School**

<http://www.nasn.org/SearchResults?Search=head+lice>



Amesbury Elementary School  
invites you to join the  
***Gift Book Program***

The AES Library is inviting you to make a book donation to our library in honor of your child's birthday. The purpose of the **Gift Book Program** is to help build a quality collection of children's books in the library and to honor your child on his/her birthday. This program is also a wonderful way to recognize and honor a teacher or staff member. Books will be presented during library to recipients and he/she will be the first person to check out the new book. After the book is returned, it will become a part of the our collection.

You or your child may select a book from the library gift book collection housed in the library, or I will assist your child in choosing an appropriate book. We will add a bookplate with your child's name, age, birthday, and will send a card to your child announcing the donation. A suggested donation is \$10-15 which covers the cost of most books, handling, and processing costs.

During the month of your child's birthday, you will receive a notice inviting you to participate. Summer birthdays will be sent home in the fall. If you have any questions, please contact me at [anstisst@amesburyma.gov](mailto:anstisst@amesburyma.gov). Of course, participation in the program is strictly optional. Once again, thank you for your support!

Sincerely,

Terri Anstiss  
Library Media Specialist

*Class of 2017*  
**Flatbread Co. Benefit Night!**



Enjoy a delicious dinner with friends and family while supporting the AHS Seniors!

**WHEN:** Nov. 8, 2016 @5:00pm-9:00pm

**WHERE:** Flatbread Co. in Amesbury

*Golf raffle fundraiser tickets will also be sold at this event!*



# PTO AFTER-SCHOOL ENRICHMENT PROGRAM REQUEST FOR INSTRUCTORS!

The Amesbury PTO is looking for instructors for the 2016/2017  
After-School Enrichment (ASE) Program.

Share your hobby, passion, sport, craft, talent, or special skill with  
our kids by teaching a one-hour class, once a week for 4 weeks!

**WINTER Session Dates: JANUARY 23<sup>RD</sup> – FEBRUARY 17<sup>TH</sup>**

**SPRING Session Dates: APRIL 3<sup>RD</sup> – MAY 5<sup>TH</sup>**

- ASE classes are held one day per week for the 4-week session.
- Classes for Grade 1-4 are held from 3:15pm-4:15pm .
- Classes for Kindergarten only are held from 1:45pm – 2:45pm.
- Make-up classes (for weather, early release days or holidays) are scheduled during the week after the formal session ends.



ASE instructors earn a stipend of \$45 per class (\$180 for 4-week session).

**Deadline for WINTER Instructor Proposals: Monday, December 19<sup>th</sup>**

**BUT – We are thrilled to accept proposals for future sessions now as well!**

Please include the following information in your proposal:

- Instructor's name
- Name of the class(es) you'd like to teach
- School at which the class will be held (CES or AES)
- Grades (K-4) eligible to enroll in the class
- Day(s) of the week on which you'd prefer to hold the class(es)
- Maximum class size (all classes must have a minimum of 10 children enrolled in order to run at \$45/class stipend rate)
- An estimate of materials/supply costs, if you will need to purchase any for the class (for items the students will make and bring home or eat during class); these are reimbursed
- Description of class



Have an idea for a class but have questions about logistics or how the program works?  
Feel free to contact Jen Clark at [AmesburyASE@gmail.com](mailto:AmesburyASE@gmail.com)

**Send proposals by Monday, December 19<sup>th</sup> to: Amesbury ASE@gmail.com**

**Please note: All instructors must have current CORI form on file.**

All class submissions are subject to approval by host school administration and PTO. Instructors will be notified ASAP of approval of submissions or additional information requirements.



## AMESBURY HOLIDAY PARADE

December 3, 2016

STARTS AT 3:30

GET YOUR GROUP TOGETHER AND REGISTER  
ONLINE @ [www.amesburyholidayparade.com](http://www.amesburyholidayparade.com)

THEME - TOYLAND

PERHAPS A SPECIAL VISITOR FROM THE NORTH  
POLE!

LOTS & LOTS MORE INFORMATION TO COME SOON!

ANY QUESTIONS CONTACT:

MICHELLE LAMOTT -

[MICHELLELAMOTT@COMCAST.NET](mailto:MICHELLELAMOTT@COMCAST.NET)

KATE CURRIE- [CURRIE.KATHERINE76@GMAIL.COM](mailto:CURRIE.KATHERINE76@GMAIL.COM)

WE WILL BE NEEDING VOLUNTEERS FOR DAY OF  
THE EVENT!







**AMESBURY SEPAC**  
(Special Education Parent Advisory Council)

**SENSORY FRIENDLY  
FALL FAMILY DANCE**

**Friday, October 28  
6:30 to 8:30 PM  
Amesbury Middle School Cafeteria**

**Family and Friends Welcome  
COSTUMES ENCOURAGED**

Contact Andrea Chase with questions at [asabia1996@my.fit.edu](mailto:asabia1996@my.fit.edu)

# **SPECIAL EDUCATION BASIC RIGHTS WORKSHOP**

**With Melissa Sessions from  
THE FEDERATION FOR CHILDREN  
WITH SPECIAL NEEDS**

**Come get a better understanding of  
the complicated special education  
laws and procedures that protect  
your child's rights.**

**Sponsored by  
AMESBURY SEPAC**

**Wednesday, November 16  
6:00 PM  
Amesbury High School Library**

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**Brief SEPAC Business Meeting  
Following Workshop**

**Contact Mary Jepson with questions at [mjwelch63@comcast.net](mailto:mjwelch63@comcast.net)**

Amesbury Educational Foundation Inc.

# AUTUMN EVENING OF GIVING

Come enjoy an autumn evening with friends and celebrate  
the winners of:

The annual \$10,000 Jordan M. Shay Memorial Grant

An annual grant funds innovative programs in the Amesbury School System

A \$5,000 AEFI Educational Grant

Monday November 7th

6pm-9pm

The Ale House

33 Main Street Amesbury, MA

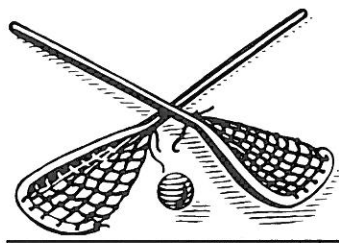
Tickets are \$25 and include a  
Delicious 4 course buffet dinner featuring a seasonal menu

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For information on this event or to purchase tickets in advance visit [www.AEFonline.com](http://www.AEFonline.com)



# Amesbury Youth Lacrosse Signups



**Sign up now** to join the exciting and fast growing sport of **Lacrosse** for the spring of 2017.

**What:** Amesbury, Youth Lacrosse

**Registration Period:** Now – November 20<sup>th</sup>

**When:** Spring of 2017 (Approximately April – June)

**How:** [www.NYLAX.org](http://www.NYLAX.org) (there are selections for Amesbury Teams)

This year all Amesbury youth (boys and girls) interested in playing the action packed game of lacrosse, in **Amesbury** should sign up through the Newburyport Youth Lacrosse website. Registration will be starting now @ [www.nylax.org](http://www.nylax.org) . *Please note that registration typically closes very quickly.*

For each age group where enough Amesbury players register to field a team, we will be signing up in the Mass Bay Youth Lacrosse Program as an Amesbury team and practicing in Amesbury (This is the same league the other area towns play in). For those age groups that we do not have enough players to field a team players and if you have played in NBPT before, you will be able to play on a Newburyport team as they have in years past (there may be some exceptions but we are really going to work to make this happen.)

Last year Amesbury had teams at the 7<sup>th</sup>/8<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>, 3<sup>rd</sup>/4<sup>th</sup> Grade boys teams  
We hope to add a 1st/2<sup>nd</sup> grade team

Newburyport continues to offer great support as we make this jump to having our own program and has been a great partner in helping us make this happen.

**If you have questions or would like to sign up, please contact:** [AYlacrosse@gmail.com](mailto:AYlacrosse@gmail.com)

Follow us on Facebook @ Amesbury Youth Lacrosse & Friends of Amesbury Lacrosse







# Golf Foursome & Overnight Accommodations Raffle

Drawing to take place on November 18, 2016 at the Powder Puff Football Game Half-Time.



**Only 200 Tickets Available!**

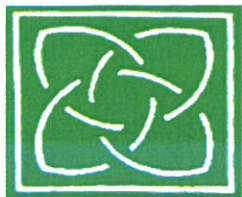
**\$30 per ticket!**

Please contact  
[walshk@amesburyma.gov](mailto:walshk@amesburyma.gov)  
to arrange for ticket purchase.

Some restrictions apply.

Prize may not be resold in any manner.





THE PETTENGILL HOUSE, INC.  
Children & Family Services

## 11<sup>th</sup> ANNUAL WINTER COAT PROGRAM

Collecting new and gently used warm winter jackets, parkas, snowsuits, heavy winter sweatshirts for teens, ski jackets and waterproof gloves to support community adults and children in need.  
All sizes from infant to XXL are needed.

PLEASE DROP OFF AT:

**Millennium Engineering, Inc.**

(Go to the back of the building.)

**62 Elm Street (rte. 110) Salisbury, MA**

(across the street from Merrimack River Feline Rescue Society)

**Monday, November 7<sup>th</sup>**

**Wednesday, November 9<sup>th</sup>**

**Thursday, November 10<sup>th</sup>**

**10am to 2pm**

Direct inquiries to Peg Brown, Coat Volunteer Coordinator at:

[coatdrive@pettengillhouse.org](mailto:coatdrive@pettengillhouse.org)

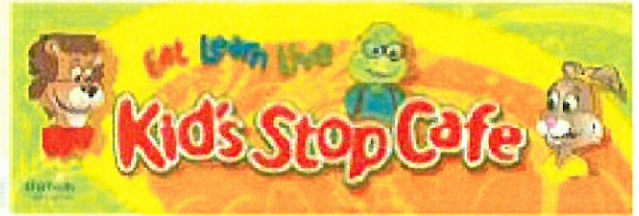
Or call Pettengill Family Resource Center at:

**978-792-5205**





November 2016  
Elementary Lunch Menu  
Amesbury Public Schools



|  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|--|---|--|--|---|
|  |                                   | <b>Campbell's Tomato Soup</b><br>Toasted Cheese Sandwich<br>Fresh Veggie Sticks   | <b>Italian Meatball Sub</b><br>Crinkle Cut Fries<br>Seasoned Mixed Vegetables  | <b>Breakfast for Lunch!!!</b><br>French Toast Sticks with Sausage Patties<br>Tater Tots  | <b>Cheese or Pepperoni Pizza</b><br>Tossed Salad  |
| Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich           |  |   |  |  |   |
|  | <b>Hot Dog on a Bun</b><br>Baked Beans<br>Seasoned Corn  | <b>PD Day Today</b><br><b>Schools Closed</b>  | <b>Pasta with Italian Meat Sauce</b><br>Seasoned Green Beans<br>Wheat Roll   | <b>Breakfast for Lunch!!!</b><br>Pancakes with Sausage Patties<br>Hash Brown Potato Patty  | <b>Veterans Day</b><br><b>No School Today</b>   |
| Alternate Meals: Bagel Fun Lunch, Turkey & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich        |  |   |  |  |   |
|  | <b>Chicken Nuggets!!!</b><br>Mashed Potatoes w/Gravy<br>Seasoned Corn<br>Wheat Roll                                | <b>Macaroni and Cheese</b><br>Hot Dog on Wheat Bun<br>Seasoned Broccoli   | <b>Nachos!!!</b><br>Seasoned Beef w/ Tortilla chips, Cheese Sauce, Lettuce, Rice<br>Seasoned Corn, Salsa   | <b>Breakfast for Lunch!!!</b><br>Waffles with Sausage Patties<br>Hash Brown Potato Patty   | <b>Cheese or Pepperoni Pizza</b><br>Tossed Salad  |
| Alternate Meals: Pepperoni Pizza Bagel Fun Lunch, Chicken Caesar Salad, Sun Butter & Jelly Sandwich        |  |   |  |  |   |
|  | <b>Italian Chicken Parm Sandwich</b><br>Mixed Vegetables<br>Crunchy Oven Fries                                     | <b>Breakfast for Lunch!!!</b><br>French Toast Sticks with Sausage Patties<br>Tater Tots                                     | <b>Early Release Today</b><br><b>Breakfast service only</b>  | <b>Thanksgiving</b>  |                            |
| Alternate Meals: Bagel Fun Lunch, Ham & Cheese Junior Sub w/ Lettuce & Tomato, Sun Butter & Jelly Sandwich |  |   |  |  |   |
|  | <b>Classic Cheeseburger on Whole Grain Bun</b><br>Oven Baked Fries<br>Lettuce & Tomato<br>Seasoned Carrots         | <b>Spaghetti &amp; Meatballs!!</b><br>Seasoned Broccoli<br>Wheat Roll   | <b>Chicken Caesar Salad</b><br>made to order<br>Mixed Greens topped with Chicken Nuggets and choice of Tomatoes, Cucumbers, Cheese and Croutons w/ Dinner Roll & Caesar Dressing | <b>FREE DESSERT DAY!!!!</b><br><b>Tuesday, November 22nd</b><br><br>Free Bag of Teddy Graham's or Animal Crackers with Purchase of any Reimbursable Meal | <b>Please be advised that Menus are subject to change</b>   |
| Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich           |  |   |  |  |   |
|                         | <b>Choose with any Meal:</b><br>Tossed Salad<br>Broccoli Florets<br>Assorted Fresh Fruit<br>Assorted Chilled Fruit | <b>Choose with any Meal:</b><br>Caesar Salad<br>Green & Red Pepper Strips<br>Assorted Fresh Fruit<br>Assorted Chilled Fruit | <b>Choose with any Meal:</b><br>Tossed Salad<br>Cucumber Coins<br>Assorted Fresh Fruit<br>Assorted Chilled Fruit   | <b>Choose with any Meal:</b><br>Caesar Salad<br>Chick Peas<br>Assorted Fresh Fruit<br>Assorted Chilled Fruit   | <b>Choose with any Meal:</b><br>Tossed Salad<br>Carrot Sticks<br>Assorted Fresh Fruit<br>Assorted Chilled Fruit |

This institution is an equal opportunity provider and employer



Questions? Please call:  
Kevin Kish – Director of Dining Services  
978-388-4800 X4339

*Please be advised that menus are subject to change*

A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

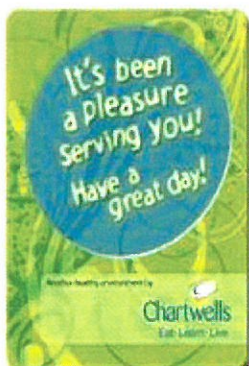


## November 2016 Breakfast Menu



| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
|  | 1<br>Sausage, Egg & Cheese on<br>an English Muffin<br><br>Chilled Fruit<br>Assorted 100% Juice  | 2<br>Pancakes<br>w/Syrup<br><br>Chilled Fruit<br>Assorted 100% Juice                      | 3<br>Yogurt w/ Choice of Cereal<br><br>Chilled Fruit<br>Assorted 100% Juice  | 4<br>Assorted Muffin w/Mozzarella<br>Cheese Stick<br><br>Chilled Fruit<br>Assorted 100% Juice  |
| 7<br>Bagel w/Cream Cheese<br><br>Chilled Fruit<br>Assorted 100% Juice  | 8<br><b>Professional Development</b><br><br><b>Schools closed</b>                               | 9<br>Ham, Egg & Cheese<br>on a English Muffin<br><br>Chilled Fruit<br>Assorted 100% Juice | 10<br>Yogurt w/ Choice of Cereal<br><br>Chilled Fruit<br>Assorted 100% Juice | 11<br><b>Veteran's Day</b><br><br><b>Schools Closed Today</b>                                  |
| 14<br>Bagel w/Cream Cheese<br><br>Chilled Fruit<br>Assorted 100% Juice | 15<br>Sausage, Egg & Cheese on<br>an English Muffin<br><br>Chilled Fruit<br>Assorted 100% Juice | 16<br>Pancakes<br>w/Syrup<br><br>Chilled Fruit<br>Assorted 100% Juice                     | 17<br>Yogurt w/ Choice of Cereal<br><br>Chilled Fruit<br>Assorted 100% Juice | 18<br>Assorted Muffin w/Mozzarella<br>Cheese Stick<br><br>Chilled Fruit<br>Assorted 100% Juice |
| 21<br>Bagel w/Cream Cheese<br><br>Chilled Fruit<br>Assorted 100% Juice | 22<br>Ham, Egg & Cheese<br>on a Biscuit<br><br>Chilled Fruit<br>Assorted 100% Juice             | 23<br>Mini Cinni French Toast<br><br>Chilled Fruit<br>Assorted 100% Juice                 | 24<br><b>Thanksgiving</b>  | 25<br>   |
| 28<br>Bagel w/Cream Cheese<br><br>Chilled Fruit<br>Assorted 100% Juice | 29<br>Sausage, Egg & Cheese on<br>an English Muffin<br><br>Chilled Fruit<br>Assorted 100% Juice | 30<br>Pancakes<br>w/Syrup<br><br>Chilled Fruit<br>Assorted 100% Juice                     |  |  |

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### Alternate Breakfast Available Daily

#### **Cereal Bowl & Mozzarella Cheese Stick**

We offer a variety of kid-friendly cereal choices. All cereal is whole grain.

Offered w/ Featured Fruit or Juice Sides  
AND Choice of Skim, 1% or Fat Free Flavored Milk

\*All grain items made with whole grain

A full student breakfast  
includes a choice of entrée,  
fruit/vegetable side dishes, and  
a choice of milk. Milk choices  
include 1% white, skim white,  
skim chocolate

Questions?  
Please call Kevin Kish @  
**978-388-4800**  
**X4339**